Let's Get Saucy!
There are five “mother” sauces: Veloute, Bechamel, esponole (sauce brown), hollandaise, and tomato. From these sauces, there are endless variations so there's no limit to the sauce making possibilities. We’ll learn about “roux”, “mise en place” and deglazing. Come hungry as we’ll taste the fruits of our labor!

There is a $20 fee associated with this course payable to the instructor in class. Cash or check only for supplies.

Keyword: Saucy
April 14
NE City, WPBB T 6:30 p.m. $29
Stavas AREA-4514-NCSA

Pizza on the Grill
From top to bottom; we will prepare the dough, make the sauces, chop and dice, sauté, and bake pizza on the grill. From a traditional herbed garlic red to specialty sauces like a white roasted garlic and feta or a Thai peanut sauce, we'll try a variety of pizzas and toppings and Jeanna's favorite combinations, including a dessert pizza! You will take home pizza dough, recipes and you'll never call for takeout pizza again!

This is a hands-on demonstration. There is a $25 fee associated with this course payable to the instructor in class. Cash or check only for supplies.

Keyword: Pizza
May 12
NE City, WPBB T 6:30 p.m. $29
Stavas AREA-4594-NCSA

The Best of Breakfast
We'll share our secrets and favorite recipes to get breakfast (or brunch) on the table for a crowd. You’ll prepare our signature French baked pancakes, create varieties of egg frittatas, discover many uses of granola and breads, and favorite breakfast sauces. Eating breakfast like a King is the way to start the day!

There is a $25 fee associated with this course payable to the instructor in class. Cash or check only for supplies.

Keyword: Breakfast
April 21
NE City, WPBB T 6:30 p.m. $29
Stavas AREA-4515-NCSA

Sushi 101
You will learn the secret of making sushi rice and be introduced to the four main styles of sushi rolls: Hosomaki (cucumber), Uramaki (California Roll), Temaki (Shrimp or Tuna), and Kazari Yin & Yang (Veg/Seafood medley). Learn about the history of sushi and fun sushi etiquette. Prizes for the best roll in each category are awarded!

Everything is supplied for you. Come hungry, as it is ample food, however edamame, Asian salad and a sweet ending also are provided. Hands on demonstration. Supply fee will be determined by market price of seafood at the time of class and you will be notified of the cost prior to the class.

Keyword: Sushi
May 19
NE City, WPBB T 6:30 p.m. $29
Stavas AREA-4564-NCSA

Location Key
NE City, WPBB Whispering Pines B&B, 2018 Sixth Ave.

For more information, contact Cindy Meyer at 800-828-0072, ext. 3636, or cmeyer@southeast.edu
Thai Night: It’s a Wrap!
Thai Night will explore the unique flavor combinations of this delicious cuisine and teach you to prepare an entire menu that’s fun for a group or family and gets everyone involved. From pot stickers to and spring rolls, we’ll prepare all the filing ingredients and sauces. You will learn how to roll up your own personal delicious spring roll, using rice papers.

There is a $15 fee associated with this course payable to the instructor in class. Cash or check only for supplies.

Meet, Eat & Learn: The Not So Sweet Truth
Got a sweet tooth? Empower yourself to control sugar cravings and habits by learning about all things sugar. Discussion will include the effects of sugar on the brain and body, reading nutrition labels, daily habits by learning about all things sugar. Learn tips to tame sugar cravings versus artificial sweeteners myths. Learn how to make simple changes to your diet to control your sugar cravings.

Provided by Nikki Lightner, LIMHP, LADC, Wellness Specialist at Bryan Health. A light lunch is included!

Food Protection Manager Online Class
This class is accepted by the Lincoln Lancaster County Health Department for the sanitation training needed to obtain a Food Protection Manager permit. You may register at any time for this class. After you register online, purchase the book “ServSafe Manager” at the SCC Campus Store, 8800 0 St., Lincoln, or at www.sccbookstore.com. For registration and log-in information, go to http://bit.ly/SCCFoodProtectionManagerClass.

To register and pay, visit http://bit.ly/RegisterCE. You must call the Continuing Education office at 402-437-2700 or 800-828-0072 the day before the class begins to receive a 100% refund. If you call the day of the class or after it has started, no refund will be issued. If a class is cancelled or student drops (according to the refund policy), refunds will be given to the student, unless a third party has been formally billed by SCC Business Office.

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You must have an email account to register online.


2. **Search for your class** by entering either a **key word** in the title or the **course number**. Click **Submit**. (Enter information in only one field for broader results.)
   - Key Word Example: Driver
   - Course Number Example: TRAN-3398

3. **Select the course** for which you wish to register. Click **Submit**.

4. Enter your **personal information, certify your identification** and click **Submit**.
   * You must provide your Social Security Number.

5. **Optional**: Enter your **Additional Registration Information** and click **Submit**.

6. If you want to register for additional classes, select **Search for more classes** under “Choose one of the following.” If you are finished selecting the class(es) for which you want to register, select **Register now (check out)**. Select your **Payment Type**. Click **Submit**.

7. Enter your **payment information**. Click **Submit**.

You will see your **class acknowledgement** with information about your **SCC Student ID Number**, **SCC User ID** and **password**. You also will receive an email with this same information for your records.

In the future it will be easy to register by logging in using your SCC User ID and password and it will not be necessary to provide your Social Security number again.

If you have problems getting registered, please call 402-437-2700 or 800-828-0072 for assistance.

* The College requires a student's Social Security number as a condition for enrollment. A student's Social Security number information constitutes an "educational record" under FERPA.